

# A JOURNEY TOWARD FREEDOM

(WHILE SHELTERING IN PLACE)



הגדה של פסח

CONGREGATION NER SHALOM HOME HAGGADAH 5780

COTATI, CALIFORNIA

## A JOURNEY TOWARD FREEDOM

In each and every generation,  
we are obligated to regard ourselves  
as though we ourselves left Egypt.  
As it says: "You shall tell your child on that day,  
'It is because of this that God took me out of Egypt.'"  
— Exodus 13:8

[We are] story tellers, who love history and tradition enough to live in it  
and therefore by definition be part of its change.

—Grace Paley

History  
is neither your script nor mine  
it is the pictograph  
from which the young must learn...

—Adrienne Rich



עורך: יצחק קלר

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## GATHERING UP THE CHAMETZ

After dark, the night before Erev Pesach, search the house for the last crumbs of *chametz*. Search in the dark, using a flashlight or candle for light, and a feather or spoon to gather it up. Burn whatever you find the next morning.



Before starting the search recite this blessing:

ברוך אתה ה' אלֵהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל בְּעוֹר חֹמֶץ:

*Baruch Atah Adonai Eloheynu Melech Haolam  
Asher kidshanu b'mitzvotav v'tzivanu al bi'ur chametz.*

Blessed are you, Adonai, who instructs us to remove all *chametz*.

After the search, we disown any unfound *chametz* with these Aramaic words.

Repeat them again in the morning after burning those last crumbs:

כָּל חֲמִירָא וְחֲמִיעָא דְאַכָּא בְּרִשּׁוּתִי,  
דְּלֹא חֲמִיתָהּ וְדְלֹא בְעֲרִיתָהּ,  
לְבָטִיל וְלִהְיוּ הֶפְקֵר כְּעֶפְרָא דְאַרְעָא:

*Kol chamira vachami'a d'ika vir'shuti  
d'la chamiteh ud'la vi'arteh  
livtil v'lehevei hefker k'afra d'ar'a.*

All *chametz* in my possession, whether I have seen it or not  
and whether I have removed it or not,  
shall be nullified and shall be as ownerless as the dust of the earth.

## ORDER PLEASE!

|                |                                                                           |
|----------------|---------------------------------------------------------------------------|
| KADESH         | Making kiddush. That is, sanctifying the moment with wine.                |
| URCHATZ        | Washing hands. We're about to touch food! No blessing necessary.          |
| KARPAS         | Greens in saltwater with the vegetable blessing. You can now eat veggies. |
| YACHATZ        | We break the middle matzah. Some to hide. Some to reflect on.             |
| MAGGID         | Telling the story through questions, parables, and wondering.             |
| ROCH'TZAH      | Washing hands again. This time with a blessing, since it's before Motzi.  |
| MOTZI MATZAH   | Motzi because we're breaking bread. And another blessing over Matzah.     |
| MAROR          | A blessing for the mitzvah of eating the bitter vegetable.                |
| KORECH         | More maror, in a sandwich, on matzah, with charoset.                      |
| SHULCHAN ORACH | Time to enjoy the meal!                                                   |
| TZAFUN         | For dessert, the afikomen has to turn up and be our last bite.            |
| BARACH         | We make a blessing for the food we've eaten.                              |
| HALLEL         | We sing selections from Psalms as words of praise.                        |
| NIRTZAH        | Our last sips of wine and a prayer for the year to come.                  |

## WHAT'S ON YOUR SEDER TABLE?



Matzah – 3 slices, covered

Boiled or Roasted Egg (*beitzah*)

Horseradish or Bitter Lettuce (*maror*)

Parsley (*karpas*) and Saltwater

Shankbone (*zaroa*) or Beet

*Charoset*

An Orange

(Plus a symbolic object of your own devising?)

Wine

A cup for Elijah and a cup for Miriam

Candles for lighting



### LIGHTING CANDLES

*Traditionally at sunset, even if Seder is starting later. Light, then recite:*

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת ו-) יוֹם טוֹב:

*Baruch Atah Adonai Eloheynu Melech Haolam  
Asher kidshanu b'mitzvotav v'tzivanu l'hadlik ner shel (Shabbat v') Yom Tov.*  
Blessed are you, Adonai, who enjoins us to light the holiday lights.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה:

*Baruch Atah Adonai Eloheynu Melech Haolam  
Shehecheyanu v'kimanu v'higianu lazman hazeh.*  
Blessed are You, Adonai, who gave us life, raised us up, and brought us to this moment.



Then at Seder time, settle in maybe with a song:

הִנֵּה מָה טוֹב וַיְמָה נָעִים שֶׁבֶת אַחִים/אַחִיּוֹת גַּם יַחַד:

*Hineh mah tov u-mah na'im shevet achim/achayot gam yachad.*  
Notice how good and pleasant it is to sit here like family together! (Psalm 133)

## KADESH

*First cup of wine.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן:

*Baruch Atah Adonai Eloheynu Ruach ha'olam borey p'ri hagafen.*

Blessed is the Spirit that fills us and makes us ripe and ready on the vine.



*(Include parentheticals when seder falls on Friday evening.)*

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ עִם כָּל עָם. וְרוֹמְמָנוּ עִם כָּל לָשׁוֹן.  
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו. וְתַתֵּן לָנוּ ה' אֱלֹהֵינוּ בְּאַהֲבָה. (שְׁבָתוֹת לְמִנּוּחָהּ ו) מוֹעֲדִים לְשִׂמְחָה.  
חַגִּים וְזִמְנִים לְשִׂשׁוֹן. (אֶת יוֹם הַשְּׁבִיט הַזֶּה ו) אֶת יוֹם חַג הַמִּצּוֹת הַזֶּה.  
זִמְן חֲרוּתֵנוּ מִקְרָא קֹדֶשׁ. זִכָּר לִיציאת מִצְרַיִם.  
כִּי בָנוּ בְּחֶרֶת וְאוֹתֵנוּ קִדְּשָׁתָהּ עִם כָּל הָעַמִּים.  
(וְשְׁבָתוֹת ו) מוֹעֲדֵי קֹדֶשׁ (בְּאַהֲבָה וּבְרָצוֹן) בְּשִׂמְחָה וּבְשִׂשׁוֹן הַנִּחְלָתָנוּ.  
בְּרוּךְ אַתָּה ה', מְקִדֵּשׁ (הַשְּׁבִיט ו) יִשְׂרָאֵל וְהַזִּמְנִים:

*Baruch Atah Adonai, Eloheynu melech ha'olam, asher bachar banu im kol am,  
v'rom'manu im kol lashon, v'kidshanu b'mitzvotav. Vatiten lanu, Adonai Eloheynu b'ahavah  
(shabatot lim'nuchah u-) mo'adim l'simchah, chagim uz'manim l'sason  
(et yom hashabat hazeh v'-) et yom chag hamatzot hazeh,  
z'man cherutenu, mikra' kodesh, zecher litziat Mitzrayim.  
Ki vanu vacharta v'otanu kidashta im kol ha'amim.  
(V'shabatot u-) Mo'adei kodsh'cha (b'ahavah uv'ratzon)  
b'simchah uv'sason hinchaltanu.  
Baruch Atah Adonai, m'kadeh (hashabat v'-) Yisrael v'hazmanim.*

Blessed are You, Adonai, who has chosen us alongside all the peoples, sanctifying us through *mitzvot*. In Your love, Adonai, You have given us (a day of rest,) feasts of gladness, and seasons of joy; (this Shabbat and) this Festival of Pesach, season of our freedom, a sacred occasion, a remembrance of the Exodus from Egypt. For You have chosen among all peoples to do Your service in our way, and given us (Shabbat and) the Festivals, a time of gladness and joy. Blessed are You, Adonai, who sanctifies (Shabbat,) Israel and the Festivals.

*Refill your cups for later...*



### URCHATZ

*Wash your hands. No blessing needed on this one.*

*Suggestion: Maybe think about the beginning of our story, with Miriam and Yocheved placing baby Moshe in a basket in the Nile.*

*Feel the water on their hands...*



### KARPAS

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרִי הָאֲדָמָה:

*Baruch Atah Adonai Eloheynu Ruach ha'olam borey p'ri ha'adamah.*

Blessed are You, Past-Present-Future One, Spirit of the Universe,  
Creator of the fruit of the Earth. (Now take some vegetables!)

*Suggestion: This is the first celebration of spring.*

*What is something of spring you've noticed and appreciated,  
even if you've been sheltering at home?*



## SONG OF SONGS

*In spring our fancies turn to thoughts of love. This is the time in the seder  
to sing selections from Song of Songs – our big book of love poetry.*

*Or maybe you have love poems you like better?*

### DODI LI

*Dodi li va'ani lo  
Haroeh bashoshanim.  
Mi zot olah min hamidbar?  
M'kuteret mor ul'vonah.  
Libavtini achoti kalah.  
Uri tzafon uvo'i teiman.*

דודי לי ואני לו  
הרועה בשושנים:  
מי זאת עולה מן-המדבר  
מקטרת מור ולבונה:  
לבבתיני אחתי כלה:  
עורי צפון ובואי תימן:

I am my beloved's  
and my beloved is mine.  
He is a shepherd among the lilies.  
Who is this wanderer from the  
desert, perfumed in myrrh and  
frankincense?  
You have stolen my heart, my bride.  
Awaken north wind, and come forth  
warm wind of the west.

### BELOVED

אני לדודי ודודי לי

*Ani l'dodi v'dodi li.*

I am my beloved's and my beloved is mine.

(Song of Songs 6:3; Setting: Rabbi Shefa Gold)

*Or in Sylvia Boorstein's words:  
"I greet this moment in friendship  
with an undefended heart."*





### YACHATZ

*Reach into your stack of 3 matzot and grab the middle one.  
Break it in two. Take the larger half and wrap it to hide later.  
Hold the smaller piece and recite or sing:*

### HA LACHMA ANYA - THE POOR BREAD

הָא לַחְמָא עֲנִיָּא  
דִּי אָכְלוּ אַבְהַתָּנָא בְּאַרְעָא דְּמִצְרַיִם.  
כָּל דְּכַפֵּין יֵיתִי וְיֹכֵל,  
כָּל דְּצָרִיךְ יֵיתִי וְיִפְסֹח.  
הַשְׁתָּא הָכָא, לְשָׁנָה הַבָּאָה בְּאַרְעָא דְּיִשְׂרָאֵל.  
הַשְׁתָּא עַבְדִּי, לְשָׁנָה הַבָּאָה בְּנֵי חוֹרִין.

*Ha lachma anya di achalu avahatana b'ar'a d'Mitzrayim.*

*Kol dichfin yeytey v'yechul.*

*Kol ditzrich yeytey v'yifsach.*

*Hashata hacha; l'shanah haba'ah b'ar'a d'Yisrael.*

*Hashata avdey; l'shanah haba'ah b'ney chorin.*

This is our simple bread. Our poor bread. The bread of haste.

It fed us on our journey of fleeing and seeking.

May all who are hungry come and eat.

May all in dire need be delivered to safety as we were.

This year we are at home but our hearts are wandering.

Next year may we be free and may our hearts come home.



## MAGGID: THE TELLING

When, in time to come, your children ask you, "What is the meaning of the decrees, laws, and rules that Adonai our God has placed upon you," you shall tell them, "We were slaves to Pharaoh in Mitzrayim and Adonai freed us from Mitzrayim with a mighty hand.

(Deuteronomy 6:20-21)

*We now tell the story using words, symbols, foods, questions and more.*

*Maybe start with a song:*

## AVADIM HAYINU

עֲבָדִים הָיינוּ, עַתָּה בְּנֵי-חֹרִין

*Avadim hayinu. Atah b'nei chorin.*

We were slaves. Now we are free.

*or:*

## GO DOWN MOSES

*Refrain:*

Go down, Moses, way down in Egypt's land.  
Tell old Pharaoh to let my people go!

When Israel was in Egypt's land,  
let my people go;  
oppressed so hard they could not stand,  
let my people go.

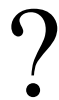
As Israel stood by the water's side,  
let my people go;  
at God's command it did divide,  
let my people go.

"Thus saith the Lord," bold Moses said,  
let my people go;  
"if not, I'll smite your people dead,"  
let my people go.

When they had reached the other shore,  
let my people go;  
they sang a song of triumph o'er,  
let my people go.

No more shall they in bondage toil,  
let my people go;  
let them come out from Egypt's soil,  
let my people go.

O Moses, the cloud shall cleave the way,  
let my people go;  
a fire by night, a shade by day,  
let my people go.



## THE FOUR QUESTIONS

*We tell of our experience of slavery and freedom through symbolism, even in how we eat!*

*Traditionally these questions (well, one question with 4 examples)*

*are offered by the youngest present who is able to do so...*

### מה נשתנה הלילה הזה מכל-הלילות?

שֶׁבֶּכֶל-הַלֵּילֹת אָנוּ אוֹכְלִין חֻמֶּץ וּמָצָה, הַלֵּילָה הַזֶּה כֻּלּוֹ מָצָה.  
שֶׁבֶּכֶל-הַלֵּילֹת אָנוּ אוֹכְלִין שְׂאֵר יִרְקוֹת, הַלֵּילָה הַזֶּה מְרוֹר.  
שֶׁבֶּכֶל-הַלֵּילֹת אֵין אָנוּ מְטַבִּילִין אֶפִּילוֹ פֶּעַם אַחַת, הַלֵּילָה הַזֶּה שְׁתֵּי פְעָמִים.  
שֶׁבֶּכֶל-הַלֵּילֹת אָנוּ אוֹכְלִין בֵּין יוֹשְׁבִין וּבֵין מְסֻבִּין, הַלֵּילָה הַזֶּה כֻּלָּנוּ מְסֻבִּין.

*Mah nishtanah halaylah hazeh mikol haleylot?*

*Sheb'chol haleylot anu ochlin chametz umatzah. Halaylah hazeh kulo matzah.*

*Sheb'chol haleylot anu ochlin sh'ar y'rakot. Halaylah hazeh maror.*

*Sheb'chol haleylot eyn anu matbilin afilu pa'am echat. Halaylah hazeh sh'tey f'amim.*

*Sheb'chol haleylot anu ochlin beyn yoshvin uveyn m'subin.*

*Halaylah hazeh kulanu m'subin.*

### Why is this night different from all other nights?

1. On all other nights we eat bread or *matzah*. Tonight: Only *matzah*.
2. On all other nights we eat yummy vegetables. Tonight: Bitter ones.
3. On other nights we don't pair foods that don't go together. Tonight: We do it twice!
4. On all other nights we eat sitting up or lounging. Tonight: We lounge.

*What other things make tonight different?*

## ANOTHER WAY OF TELLING

*The traditional haggadah offers a parable about four kinds of children,  
and how the story should be told to each of them, demonstrating  
that our manner of telling should vary depending on who's listening.*

*Puppets? Theatrics? Rhyming Verse?  
Elevator Pitch? Sportscast?  
Parallels to our world in our time?  
Lessons of the heart?*

*Let everyone at the table demonstrate how they are most drawn to tell the story of our liberation.  
Or go around the table and take turns with the telling:*

**We were slaves to Pharaoh in the Narrow Land of Mitzrayim.** Once we were free in Egypt, but our numbers grew and Pharaoh came to fear us.

**Pharaoh oppressed us and laid cruel bondage upon us.** He decreed that our firstborn sons should be put to death.

**A lifetime of labor deadened our spirits.** Our lives were so narrow we came to feel nothing.

**We cried out for help from our narrow place.** The desire to be free began to blossom and unfold in us.

**We got tougher and we resisted and we found ways to defy Pharaoh.** Even our midwives engaged in civil disobedience.

**A Hebrew mother secretly floated her son onto the Nile in a reed basket.** Moshe was raised by two mothers, one Egyptian and one Hebrew, and he learned about power and powerlessness.

**Moshe impulsively chose sides.** He saw a Hebrew slave being beaten. He killed the taskmaster and fled.

**Moshe spent a good long life as a shepherd of sheep.** He didn't know he was being trained for shepherding people.

**When Moshe was ready, God called on him to lead the people.** He returned to Mitzrayim and confronted Pharaoh, the oppressor.

**Pharaoh and God began a long and bitter tussle.** But Pharaoh could not imagine a new kind of Egypt. He refused to let his slaves go free.



**When persuasion failed, plagues began.** Until all of Egypt suffered the way the Hebrews had been forced to suffer. The Egyptians endured these plagues: (*empty a drop of wine from your glass for each*):

*Dam – Blood  
Tzfardea – Frogs  
Kinim – Lice  
Arov – Beasts  
Dever – Disease  
Sh'chin – Boils  
Arbeh – Locusts  
Barad – Hail  
Choshech – Darkness  
Makat B'chorot – Death of the Firstborn*

*We are living in a very unusual time right now.  
Is anything about the story of the plagues feeling different to you this year?  
If this feels juicy, talk about it.  
When you're ready, you can keep telling the story:*

**Only after this devastation was complete did Pharaoh relent.** “Go,” he said at last to Moshe, “go.”

**But we did not rejoice. We packed.** We did not even wait for our bread to rise. We set out.

**But Pharaoh changed his mind.** He sent his army after us. He thought, "Let them come back or let them drown in the Sea."

**We refused to be trapped.** With the Sea in front of us and Pharaoh's army closing in behind, we faced the Unknown and stepped forward.

**The Sea, at God's command, parted.** We crossed safely on dry land. And then the Sea washed Pharaoh's army away.

**Only then did we rejoice.** We had escaped the narrow place. Miriam and the women turned our astonishment to song.

**Who is like You, Adonai?** Awesome and wondrous. *Mi chamocha ba'eylim Adonai. Nora t'hilot oseh feleh.*

בְּכָל-דּוֹר וָדוֹר חַיֵּב אָדָם לִרְאוֹת אֶת-עַצְמוֹ כְּאִלּוּ הוּא יָצָא מִמִּצְרַיִם:

In every generation we are obligated to see ourselves as if we came forth from Egypt.

Take a moment now to get what that might feel like.

Is there a narrow place you have gotten through in your life?



### WILL AND SURRENDER

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה:

*Ozi v'zimrat Yah vay'hi li lishua.*

My strength and God's song will be my salvation.

(Exodus 15:2; setting by Rabbi Shefa Gold)



### DAYENU – SMALL STEPS!

אֱלֹהֵי הוֹצִיאֵנוּ מִמִּצְרַיִם - דַּיֵּנוּ:

*Ilu hotzianu mi-Mitzrayim - DAYENU!*

אֱלֹהֵי נָתַן לָנוּ אֶת הַשַּׁבָּת - דַּיֵּנוּ:

*Ilu natan lanu et haShabat - DAYENU!*

אֱלֹהֵי נָתַן לָנוּ אֶת הַתּוֹרָה - דַּיֵּנוּ:

*Ilu natan lanu et haTorah - DAYENU!*

If God had brought us out of Mitzrayim and stopped there:

It would have been enough for us.

If God had given us the gift of Shabbat and stopped there:

It would have been enough for us.

If God had given us the Torah and stopped there:

It would have been enough for us.



## SECOND CUP

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן:

*Baruch Atah Adonai Eloheynu Ruach Ha'olam borey p'ri hagafen.*

Blessed is the One who creates unbearable sweetness.

*If you haven't discussed the symbolism of the remaining items on the Seder plate,  
now is a good time!*

*(Note: the orange has a popular story and an accurate story. Both are good!)*



## ROCHTZA

*We wash our hands again, this time in preparation for breaking bread.*

*So we make a blessing about elevating our hands – readying them for holy purpose.*

*Pour 3 shlugs from a vessel over each hand and recite:*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם:

*Baruch Atah Adonai Eloheynu Ruach Ha'olam*

*asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.*

Blessed is the One who inspires us to raise up our hands to holiness.





### MOTZI MATZAH

*Uncover the matzot, lift a whole piece and recite:*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי, וְצִוָּנוּ עַל אֲכִילַת מַצָּה:

*Baruch Atah Adonai Eloheynu Ruach Ha'olam  
asher kidshanu b'mitzvotav v'tzivanu al achilat matzah.*

Blessed are You, Eternal One, Who has made us holy through *mitzvot* and has called upon us to taste the haste with which our people ran toward freedom.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:

*Baruch Atah Adonai Eloheynu Ruach Ha'olam  
Hamotzi lechem min ha'aretz.*

Blessed are You, Maker of the Universe, by Whose favor we draw sustenance from the earth.



### MAROR

*We remember the bitterness of slavery. We eat maror with the hope that our present-day bitteresses may also soon be a memory. We dip the maror into the charoset and say:*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי, וְצִוָּנוּ עַל אֲכִילַת מָרֹר:

*Baruch Atah Adonai Eloheynu Ruach Ha'olam asher kidshanu b'mitzvotav  
v'tzivanu al achilat maror.*

Blessed are You, Spirit of Creation, Who has made us holy through *mitzvot* and called upon us to taste the bitter as well as the sweet.

## KORECH

*In the time of the Temple, Rabbi Hillel would eat the Pesach offering with matzah and maror.  
In his honor, we make a little sandwich of matzah, maror, and charoset.*

## SHULCHAN ORECH

*Go ahead and eat your dinner! Not everything has to be symbolic.  
Just enjoy the blessing of food on the table.  
If you are not eating your favorite Passover foods this year,  
imagine them lovingly and say, "Next year..."*



## TZAFUN

*It's time to find the afikomen. If you have others with you, they can hunt for it.  
If you're making seder alone, hold the afikomen in your hand and think about something  
you've discovered about yourself during this time. Hold that discovery with compassion  
and eat your bit of Matzah in simple celebration.*

## BARECH

*We express our gratitude for the food we've eaten. So much was involved –  
sun, rain, labor and supply chains. Plus our recipes and clever hands.  
Here is an excerpt of the traditional Birkat Hamazon. Then two shorter alternatives.  
They're not just for Pesach, but whenever we finish a meal!*



### BARECH OPTION 1: BIRKAT HAMAZON

*Shir hama'alot. B'shuv Adonai et shivat tziyon  
hayinu k'cholmim. Az y'maley s'chok pinu ul'shon-  
enu rinah. Az yomru vagoyim, "Higdil Adonai  
la'asot im eleh." Higdil Adonai la'asot imanu -  
hayinu s'mechim! Shuvah Adonai et sh'vitenu  
ka'afikim banegev. Hazor'im b'dim'ah b'rinah  
yik'tzoru. Haloch yelech uvachoh noseiy meshech  
hazara', bo yavo v'rinah noseiy alumotav.*

**Host:** *Rabotai n'varech!*

**Gathered:**

*Y'hi shem Adonai m'vorach me'atah v'ad olam.*

**Host:** *Birshut chaverai, n'varech Eloheynu  
she'achalnu mishelo.*

**Gathered:** *Baruch Eloheynu she'achalnu mishelo  
uvtuvo chayinu. Baruch Hu uvaruch sh'mo.*

*Baruch Atah Adonai Eloheynu Melech Ha'olam,  
hazan et ha'olam kulo b'tuvo, b'chen b'chesed  
uv'rachamim. Hu noteyn lechem l'chol basar ki  
l'olam chasdo. Uv'tuvo hagadol tamid lo chasar  
lanu v'al yech'sar lanu mazon l'olam va'ed.  
Ba'avur sh'mo hagadol, ki hu El zan um'farnes  
lakol, umetiv lakol umechin mazon l'chol briyotav  
asher bara. Baruch Atah Adonai hazan et hakol.*

שיר המעלות בשוב יי את שיבת ציון היינו כחלמים:  
אז ימלא שחוק פינו ולשוננו רנה אז לאמרו בגוים  
הגדיל יי לעשות עם אלה: הגדיל יי לעשות עמנו  
היינו שמים: שובה יי את שביתנו כפאפיקים בנגב:  
הזרעים בדמעה ברנה יקצרו: הללך ילך ובכה נשא  
משך הזרע בא יבא ברנה נשא אלמותיו:

**המזמן:**

רבתי נברך!

**המסובין:**

יהי שם יי מברך מעתה ועד עולם.

**המזמן:**

יהי שם יי מברך מעתה ועד עולם.

ברשות חברי, נברך אלהינו שאכלנו משלו.

**המסובין:**

ברוך אלהינו שאכלנו משלו ובטובו חיינו.

**המזמן:**

ברוך אלהינו שאכלנו משלו ובטובו חיינו.

ברוך הוא וברוך שמו:

ברוך אתה יי, אלהינו מלך העולם, הן את העולם  
כלו בטובו בן בחסד וברחמים הוא נותן לחם לכל  
בשר כי לעולם חסדו. ובטובו הגדול תמיד לא חסר  
לנו, ואל יחסר לנו מזון לעולם ועד. בעבור שמו  
הגדול, כי הוא אל זן ומפרנס לכל ומטיב לכל,  
ומכין מזון לכל בריותיו אשר ברא. ברוך אתה יי,  
הן את הכל:

*Uv'neh Yerushalayim ir hakodesh bim'herah  
b'yameynu. Baruch Atah Adonai, boneh  
b'rachamav Y'rushalayim. Amen.*

*Harachaman hu yimloch aleynu l'olam va'ed.*

*Harachaman hu yitbarach bashamayim  
uva'aretz.*

*Harachaman hu yishtabach l'dor dorim,  
v'yitpa'ar banu la'ad ul'netzach n'tzachim,  
v'yit'hadar banu la'ad ul'olmey olamim.*

*Migdol y'shuot malko v'oseh chesed lim'shicho  
l'David ul'zar'o ad olam. Oseh shalom bim'romav  
Hu ya'aseh shalom aleynu v'al kol yisrael v'imru  
Amen...*

*Adonai oz l'amo yiteyn, Adonai y'varech et amo  
vashalom.*

ובנה ירושלים עיר הקדש במהרה בימינו. ברוך  
אתה יי, בונה ברחמי ירושלים. אמן  
הרחמן, הוא ימלוך עלינו לעולם ועד.

הרחמן, הוא יתברך בשמים ובארץ.

הרחמן, הוא ישתבח לדור דורים, ויתפאר בנו  
לעד ולנצח נצחים, ויתחדר בנו לעד ולעולמי  
עולמים.

מגדול ישועות מלכו, ועשה חסד למשיחו לדוד  
ולזרעו עד עולם: עשה שלום במרומי, הוא יעשה  
שלום, עלינו ועל כל ישראל, ואמרו אמן:

יראו את יי קדושו, כי אין מחסור ליראיו: כפירים  
רשו ורעבו, ודורשי יי לא יחסרו כל טוב: הודו ליי  
כי טוב, כי לעולם חסדו: פותח את ידו, ומשביע  
לכל חי רצון: ברוך הגבר אשר יבטח ביי, והיה יי  
מבטחו: נער הייתי גם זקנתי ולא ראיתי צדיק נעזב,  
וזרעו מבקש לחם: יי עז לעמו יתן, יי יברך את עמו  
בשלום:

**Opening Psalm:** In returning from captivity, we were as if in a dream. Those who sow in tears, in joyfulness shall the reap. **Blessing:** Friends, let us Bless Adonai because everything we ate is really single-Source! Adonai feeds the world out of goodness and lovingkindness, with grace and mercy. Every living thing is sustained because of Adonai's *chesed*. Blessed is Adonai, who feeds all. And may Jerusalem be rebuilt as a worldwide peace. May the One who invented peace in the heavens make it a reality on earth. May Adonai give our people strength and bless us with peace.



## BARECH OPTION 2: BRICH RACHAMANA

ברוך רחמנא מלכא דעלמא מריה דהאי פתא:

*Brich Rachamana Malka d'alma Marey d'hay pita.*

You are the Source of Life for all that is and all blessings flow through You.

(Setting by Rabbi Shefa Gold)

## BARUCH OPTION 3: V'ACHALTA V'SAVATA

וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ

*V'achalta v'savata uverachta.*

We ate when we were hungry  
And now we're satisfied.  
We thank the Source of Blessing  
for all that S/he provides.

Giving and receiving  
We open up our hands.  
From Seedtime through Harvest  
We're partners with the land.

Hunger is a yearning  
In body and soul.  
Earth Air Fire Water  
And Spirit makes us whole.

We all share a vision  
Of wholeness and release,  
Where every child is nourished  
And we all live in peace.

(Hebrew: Deuteronomy 8:6; English and Setting: Hanna Tiferet Siegel)



## THIRD CUP OF WINE

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן:

*Baruch Atah Adonai Eloheynu Ruach Ha'olam borey p'ri hagafen.*

Blessed is the One who creates fruit to become wine to become delight.



## COUNTING THE OMER

*Beginning the second night of Pesach, we count the 49 days until Shavuot, marking the progress of our fields, from first barley to first wheat, and from liberation from Egypt to revelation at Mt. Sinai. This year we are used to counting the days. How would it feel if we were counting days of freedom?*

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעוֹמֶר:

*Baruch Atah Adonai Eloheynu Melech Ha'olam*

*asher kidshanu b'mitzvotav v'tzivanu al s'firat ha'omer.*

Blessed is the One, Source of All, who has given us the spiritual imperative to notice  
the steps of our life journeys.

**TODAY IS THE FIRST DAY OF THE OMER!**

## CUPS OF ELIJAH AND MIRIAM



Painting: "Mir-Yam" by Leiah Rubin Bowden

*Pour some wine into Elijah's cup and some water into Miriam's.  
We open the door and raise our own glasses to invite a world of our dreams.*

*We sing:*

אֱלִיָּהוּ הַנָּבִיא אֱלִיָּהוּ הַתְּשֻׁבִי אֱלִיָּהוּ הַגִּלְעָדִי.  
בְּמַהֲרָה בְּיָמֵינוּ יָבֹא אֵלֵינוּ עִם מְשִׁיחַ בֶּן דָּוִד.  
מְרִיָּם הַנְּבִיאָה עֹז וְזִמְרָה בְּיָדָהּ, מְרִיָּם תִּרְקֹד אֶתָּנוּ לְתִקּוֹן אֶת הָעוֹלָם  
בְּמַהֲרָה בְּיָמֵינוּ הִיא תְּבִיאֵנוּ אֶל מִי הַיְּשׁוּעָה.

*Eliahu hanavi, Eliahu haTishbi, Eliahu haGil'adi.*

*Bim'herah b'yameynu yavo eyleynu*

*im mashiach ben David.*

*Miryam Han'viah, oz v'zimrah b'yadah*

*Miryam tirkod itanu l'taken et ha'olam.*

*Bim'herah b'yameinu hi t'vienu*

*El mey hay'shua, el mey hay'shuah.*

May Elijah the prophet

come speedily in our day

ushering in a better world.

And Miriam, holding strength and song

will dance with us to heal the world.

Speedily in our day

She will bring us to the waters of salvation.

## HALLEL

*We sing ancient words of praise and gratitude.*

## B'TZEIT YISRAEL

|                                                       |                                                               |
|-------------------------------------------------------|---------------------------------------------------------------|
| <i>B'tzeit Yisrael mimitzrayim</i>                    | א בַּצֵּאת יִשְׂרָאֵל מִמִּצְרַיִם בֵּית יַעֲקֹב מַעַם לַעֲי: |
| <i>Beyt Ya'akov me'am lo'ez.</i>                      | ב הִיְתָה יְהוּדָה לְקֹדֶשׁוֹ יִשְׂרָאֵל מִמְּשֻׁלֹתָיו:      |
| <i>Haytah Yehudah l'kodsho, Yisrael mam'shelotav.</i> | ג הָיָם רָאָה וַיִּנָּס הַיַּרְדֵּן יָסֹב לְאַחֹר:            |
| <i>Hayam ra'ah vayanos, hayarden yisov l'achor.</i>   |                                                               |

When Israel went out from Egypt, the house of Jacob from a people of foreign language,  
Judah become God's sanctuary, and Israel became God's dominion.  
The sea saw it, and fled.  
The Jordan was driven back.

(Psalm 114; Setting based on *Tov L'hodot* by Ilan Glaser, Nava Tehila)

## LO LANU

לֹא לָנוּ שִׁדְי לֹא לָנוּ  
כִּי לְשִׁמְךָ יְיָ כָבוֹד עַל חֶסֶדְךָ עַל אֱמֶתְךָ.

*Lo lanu Shaday lo lanu. (x2)*  
*Ki l'shimcha ten kavod*  
*Al chasd'cha al amitecha.*

Not for our sake, Shaday,  
but for Yours give glory;  
for Your lovingkindness and Your truth!

(Psalm 115:1; Setting: Jhos and Bon Singer)

## MIN HAMETZAR

מִן-הַמִּצָּר קָרָאתִי יְהוָה עֲנֵנִי בְּמִרְחֵב יְהוָה:  
*Min hametzar karati Yah anani vamerchav Yah.*

From the Narrow place I called to the Divine.  
I was answered from God's Expanse.

(Psalm 118:5; Setting: Rabbi Shefa Gold)



## NIRTZAH – LOOKING AHEAD

This year we are in a wilderness. We are be-wildered.  
In narrow places of isolation, waiting for liberation.

May next year be different.  
May we be free. May our journeys be joyous.  
May our homecomings be met with love.  
May we awaken to an era of  
freedom  
health  
kindness  
connection  
and  
care  
for the Earth and being with whom we share it.

What else do we invite in for next year? Call it out!

**לשנה הבאה בירושלים**

*L'shanah haba'ah birushalayim.*

When we meet next year, may it be in person  
in a time of perfect peace.



## SONGS!

### TEN PLAGUES IN EGYPT LAND

Peter and Ellen Allard

#### Chorus:

*One two three four five six seven eight nine  
Ten plagues in Egypt Land*

Blood in the water made the river run red.

*(Ten plagues in Egypt Land)*

Pharoah shoulda listened to what God said.

*(Ten plagues in Egypt Land)*

Frogs were jumping in Pharoah's hair.  
Pharoah didn't like it but the frogs didn't care..

Creepy, crawly, itchy lice.  
Mess with the Holy One, better think twice.

Filthy flies so dirty and vile.  
Not exactly Pharoah's style.

The cattle and the horses and the oxen died.  
I won't give up old Pharoah cried.

Boils and blisters on his skin.

Give it up Pharoah you're never gonna win.

The hail rained down from the heavens on high.  
Hurt so much made Pharoah cry.

Swarms of locusts ate the crops.  
Hard-hearted Pharoah just wouldn't stop.

Dark descended in the light of the day.  
Pharoah was lost, couldn't find his way.

First-born. the final blow.  
Finally Pharoah let the people go.

### ADIR HU

*Adir Hu, Adir Hu*

*Yivneh veyto b'karov.*

*Bim'herah bim'herah b'yameynu b'karov.*

*El b'neh, El b'neh, b'neh veyt'cha b'karov!*

*Bachur Hu, Gadol Hu, Dagul Hu...*

*Hadur Hu, Vatik Hu, Zakai Hu...*

*Chasid Hu, Tahor Hu, Yachid Hu...*

*Kabir Hu, Lamud Hu, Melech Hu...*

*Nora Hu, Sagiv Hu, Izuz Hu...*

*Podeh Hu, Tzadik Hu, Kadosh Hu...*

*Rachum Hu, Shadai Hu, Takif Hu...*

## V'HI SHE'AMDAH

*V'hi she'amdah lavoteynu v'lanu  
shelo echad bilvad  
amad aleynu l'chalotenu.  
Ela sheb'chol dor vador  
omdim aleynu l'chalotenu.  
V'Hakadosh Baruch Hu  
matzilenu miyadam.*

וְהִיא שֶׁעֲמָדָה לְאַבוֹתֵינוּ וְלָנוּ.  
שֶׁלֹא אֶחָד בִּלְבַד  
עָמַד עָלֵינוּ לְכָלוֹתֵנוּ.  
אֶלָּא שְׁבָכֶל-דּוֹר וְדּוֹר  
עוֹמְדִים עָלֵינוּ לְכָלוֹתֵנוּ.  
וְהַקְדוֹשׁ בְּרִיךְ הוּא  
מַצִּילֵנוּ מִיָּאֵד:

This promise holds true,  
both for our ancestors and for us.  
That though in every generation  
an enemy may rise up to destroy us,  
HaKadosh Baruch Hu  
saves us from their hand.

## חַד גָּדְיָא

## CHAD GADYA

There was a kid, an only kid,  
My father bought for two zuzim  
Chad gadya (2x).

And slew the ox...Then came the  
Angel of Death  
And killed the butcher...

*d'hikah l'chalba...*

*V'ata maya,  
v'kavah l'nura,  
d'saraf l'chutra...*

Then came the cat  
And ate the kid  
My father bought for two zuzim  
Chad gadya (2x).

Then came the Holy One  
Blessed be G-d  
And destroyed the Angel of  
Death...

*V'ata tora,  
v'shatah l'maya,  
d'kavah l'nura...*

Then came the dog  
And bit the cat...

*Chad gadya, chad gadya.  
d'zabin aba bitrei zuzei,  
chad gadya, chad gadya.*

*V'ata hashochet,  
v'shachat l'tora,  
d'shatah l'maya...*

Then came the stick  
And beat the dog...

*V'ata shunra,  
v'achla l'gadya  
d'zabin aba...*

*V'ata mal'ach hamavet,  
v'shachat l'shochet,  
d'shachat l'tora...*

Then came the fire  
And burned the stick...  
Then came the water  
And quenched the fire...

*V'ata chalba,  
v'nashach l'shunra  
d'achla l'gadya...*

*Va'ata HaKadosh Baruch-Hu,  
veshachat l'mal'ach hamavet,  
deshachat l'shochet,  
deshachat l'tora,  
deshatah l'maya,  
dekavah l'nura,  
desaraf l'chutra,  
dehikah l'chalba,  
denashach l'shunra  
de'achla l'gadya  
dizabin aba bitrei zuzei,  
chad gadya, chad gadya.*

Then came the ox  
And drank the water...

*V'ata chutra,  
v'hikah l'chalba,  
d'nashach l'shunra...*

Then came the butcher

*V'ata nura,  
v'saraf l'chutra,*

## אֶחָד מִי יוֹדֵעַ

### ECHAD MI YODEA

- |                                                                                        |                                                                                             |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 1. <i>Echad mi yodea? Echad ani yodea.<br/>Echad Eloheynu shebashamayim uva'aretz.</i> | 8. <i>Shmonah mi yodea? Shmonah ani yodea.<br/>Shmonah y'mey milah...</i>                   |
| 2. <i>Shnayim mi yodea? Shnayim ani yodea.<br/>Shney luchot habrit...</i>              | 9. <i>Tish'ah mi yodea? Tish'ah ani yodea.<br/>Tish'ah yarchey leydah...</i>                |
| 3. <i>Shlosha mi yodea? Shlosha ani yodea.<br/>Shlosha avot...</i>                     | 10. <i>Asarah mi yodea? Asarah ani yodea.<br/>Asarah divraya...</i>                         |
| 4. <i>Arba mi yodea? Arba ani yodea.<br/>Arba imahot...</i>                            | 11. <i>Echad asar mi yodea? Echad asar ani yodea.<br/>Echad asar kochvaya...</i>            |
| 5. <i>Chamisha mi yodea? Chamisha ani yodea.<br/>Chamisha chumshei Torah...</i>        | 12. <i>Shneym asar mi yodea? Shneym asar ani<br/>yodea.<br/>Shneym asar shivtaya...</i>     |
| 6. <i>Shisha mi yodea? Shisha ani yodea.<br/>Shisha sidrey Mishnah...</i>              | 13. <i>Shloshah asar mi yodea? Shloshah asar ani<br/>yodea.<br/>Shloshah asar midaya...</i> |
| 7. <i>Shiv'ah mi yodea? Shiv'ah ani yodea.<br/>Shiv'ah y'mey Shabata..</i>             |                                                                                             |

### Who Knows One?

Our God is One, who encompasses heaven and earth.

Two? There were two tablets of the law.

Three? Three patriarchs.

Four? Four matriarchs.

Five? Five books of Torah.

Six? Six tractates of Mishnah.

Seven? Seven days of the week.

Eight? Eight days until *brit milah*.

Nine? Nine months of pregnancy.

Ten? Ten Commandments.

Eleven? Eleven stars.

Twelve? Twelve tribes.

Thirteen? Thirteen attributes of mercy.



We wish you blessings of health, safety and connection this spring and beyond.

We look forward to seeing you at online (and eventually in-person) Ner Shalom offerings.

Find out more at:

[www.nershalom.org](http://www.nershalom.org)